

Electric Cookery



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HINTS, INSTRUCTIONS & RECIPES

M. W. Russell

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CONTENTS

General Information—

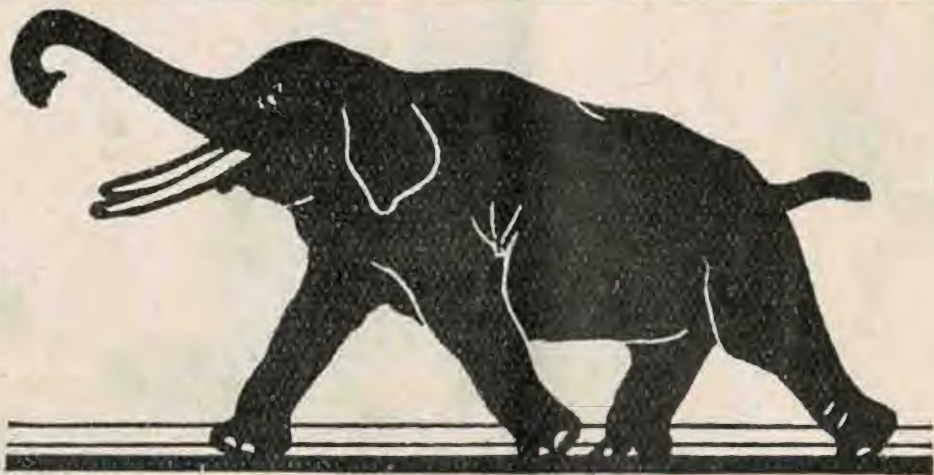
Pages 3 to 13

Tested Household Recipes:

	Page
Soups	14
Fish	17
Meats	18
Eggs	21
Left-over Meat Dishes	22
Vegetable Dishes	24
Puddings	26
Pastry	30
Biscuits	32
Scones	35
Sponges	36
Icings and Fillings.....	41
Muffins, Gems, etc.	42
Gravy Sauce	45
Cakes	47

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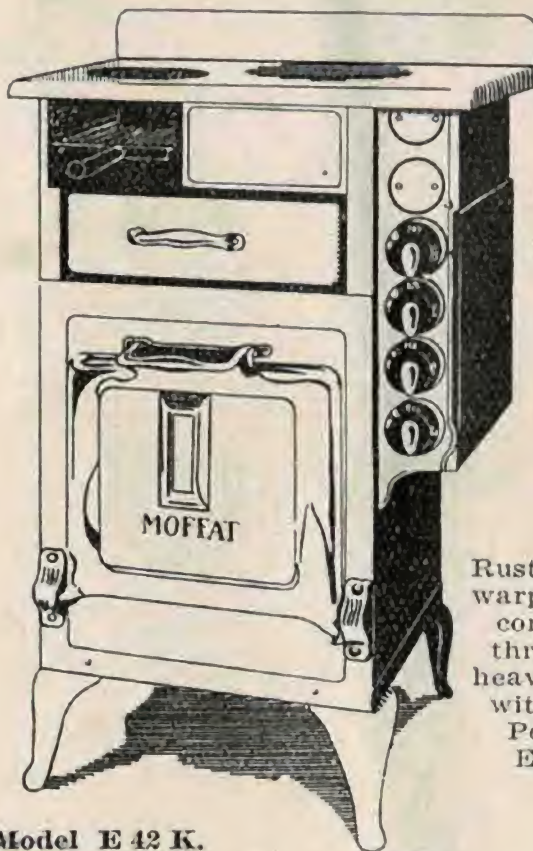
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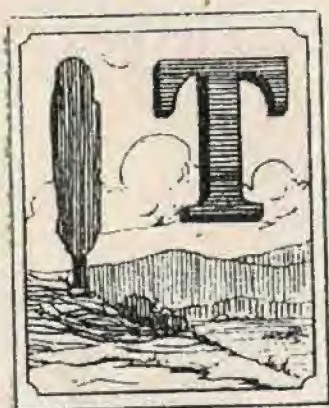
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Foreword



THE hints and instructions given here for the use of electric ranges, are not intended as hard and fast rules, or as the last word to be said on the matter. Kindly regard them as friendly advice from one who has made a systematic study of the subject for years, and is always pleased to pass the benefit of her experience on to others. Although cooking by electricity is a very simple business, it often saves the novice many anxious experiments if provided with some dependable hints with which to make a start.

GENERAL INFORMATION.

Using an electric range for the first time should be a joyful occasion. Here it is before you, a thing of beauty and of wonderful possibilities, an instrument of unparalleled qualities waiting but for the touch of your hand to obey your will to the utmost. You require heat

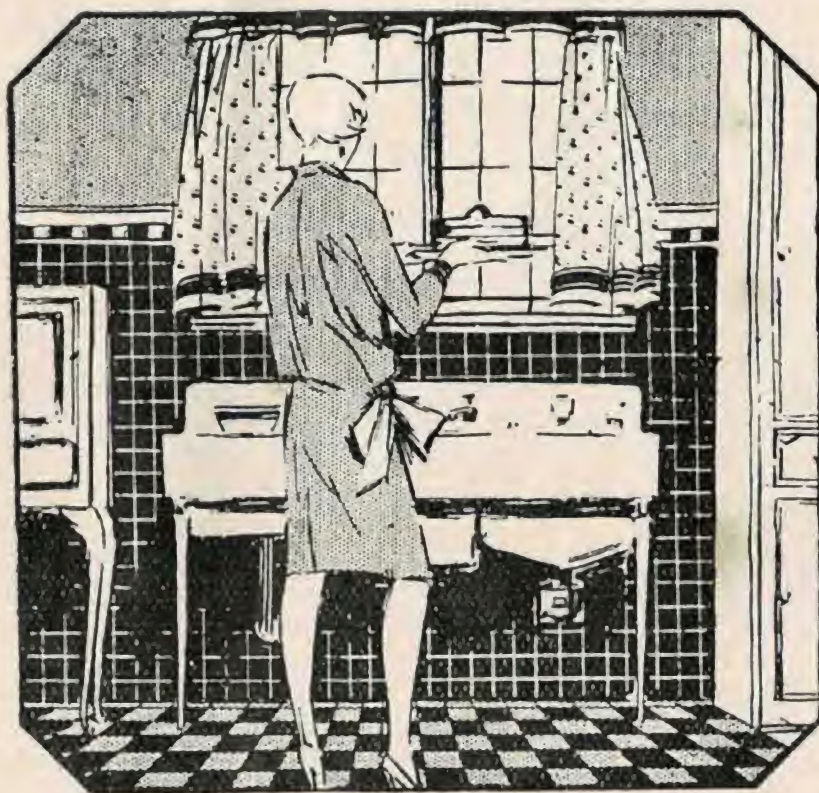
for cooking! Here you may obtain it in any quantity you want, at any time; pure heat at once, uncontaminated by smoke or fumes; your highest ideal of cooking efficiency, absolute cleanliness, and perfect controlability.

Learning to use an electric range to the best advantage is mostly a matter of commonsense. Because a certain temperature is advised for a particular class of food, it does not follow it must always be used. If a quantity of cold goods of any kind were to be placed in the oven at the same time, it stands to reason a higher temperature would be required to begin, than would be necessary for a smaller amount. Again, it is considered correct to bake meat slowly, but if a well crisped joint is preferred, the desired result may certainly be gained by a higher temperature in the first place, or a good heat maintained by a sensible regulation of the switches during cooking.

THE OVEN.

Most electric ovens are heavily lagged, and so retain their heat for a considerable length of time after the power has been turned off. This is called stored heat. The retention of heat varies with different makes, some being especially designed with this idea in view, but the length of time baking will continue after the power has been turned off, depends on how long the oven has been heated beforehand. If the heat has been brought straight up from cold, and the power then cut off, the oven will not remain hot nearly as long as it would if other baking had been in progress an hour or so first. It is wise to become thoroughly familiar with the general management of the oven before attempting quantities of stored heat baking; later, proving its possibilities will be found a most interesting and profitable business.

The time required for baking various kinds of food cannot always be definitely stated, as several factors must be taken into consideration. Some goods will cook satisfactorily at differing temperatures, according to other things which may be in the oven at the same time, if given a longer or shorter cooking period. Again, much depends in some cases on the type of utensils used: Cakes will cook quicker in wide, shallow tins than if put into deep tins of smaller circumference. Watch your baking for the first week or so, noting carefully the temperatures at which you obtain the best results to suit your taste, and the times taken; it will then soon be almost totally unnecessary to open the door for observation during cooking. It is well to learn to trust the thermometer.



TELLING YOU HOW TO USE YOUR

TEMPERATURE CHART.

These heats will be found to suit the majority of electric ranges; any variations necessary will follow throughout.

MEATS
SCONES
PIES. { Average 450°; either top and bottom low;
top off, or bottom low or medium.

PASTRIES.—Tarts plain, 500°, stored heat; Fancy, 450°, stored heat.

CREAM PUFFS.—500°, stored heat.

Plain Pastries and Cream Puffs may be baked on the same tray in a large oven.

BISCUITS.—400° to 450°, stored heat.

CAKES. { Small, 400° to 450°, stored heat.
Large, plain, 400°, top off, bottom low.
„ rich, 350° to 300°, top off, bottom low.
Sponges, 400°, either top off, bottom low, or stored heat.

NUT LOAVES
APPLE SHORTCAKE
LARGE TARTS. { 450°, top off, bottom low or medium.

When the heats for the different classes of foods are familiar, any favourite cookery book may easily be followed, as temperatures with each separate recipe are not needed.

ELECTRIC RANGE FOR BEST RESULTS

OVEN MANAGEMENT.

PRELIMINARIES.

Before using your electric oven for the first time, remove the grilling pan, it should never be left in the oven when not in use.

In the bottom of most electric ovens, covering the bottom element, is a metal sheet called either a deflection pan (its shape distributing the heat correctly) or a protection or drip tray (serving as a protection for the bottom element if foods boil over during cooking, and to prevent the user from coming accidentally into contact with the element while handling goods in the oven). When this is movable, it must never be out of place while the wall-switch by the side of the range is turned on; it is only to be removed for cleaning purposes.

Having removed the grilling pan, and made sure the deflection pan is in its proper place, turn both oven elements to high, heat the oven to 450° or 500° , then turn off again and open the oven door. There is always a certain amount of dust and grease in a new oven, and if you do not get rid of this before baking, the food will have a peculiar taste.

When the heat required for a certain thing is reached, it is usual to turn the top off and the bottom to low. The majority of cookery books accompanying electric ranges, which have been printed abroad, advise with every recipe this procedure, but there is no reason why the top should not also be turned to low while

baking scones, pies, meats, or any article which you may wish to brown nicely on top. This must never be done for cakes; if extra heat is wanted, obtain it from the bottom by turning the element to medium.

BAKING HINTS.

A browning sheet is never needed in an electric oven.

It is a general rule to bake below the middle of the oven when using only one shelf; close to the bottom for meats, scones, quick cooking sponges, etc., just below the middle for rich cakes and the like which will require a long cooking period, and the middle of the oven for small goods baked on stored heat only. Occasionally it will be found better to place some articles such as gems, baked in irons, quite close to the top. Experience is the best teacher in this respect; goods should be so placed, they will brown the same top and bottom.

When using two trays for dinner cooking, use the scone tray (if there is one) as the upper one. If baking sponges and the like on stored heat only, place the tins on this tray as the metal draws the heat well.

When baking small goods, the best results are obtained by placing only one tray in the oven at a time. However, as many as three trays can be kept going by starting with one at the bottom as soon as it is ready, and rotating to the top, placing each fresh tray to the bottom first. As this method means both elements must be turned on and the goods need constant attention, it follows it should only be used if a quantity is wanted in a hurry. If baking small goods on the stored heat only and several are left over from a trayful, it is better to cook them by turning the top and bottom to low, than use up power to reheat the oven again.

“ ECONOMIES.”

Several different kinds of food can be baked in the oven at the same time by starting with the articles requiring the highest temperature. Example:—Scones, nutloaves, pies, etc., about 450°. By the time a cake is mixed and placed in the oven, the temperature will be about 400°. It can be seen by this, when there is sufficient room, it is often unnecessary to wait till the oven is empty before starting other goods. If the temperature drops below that needed when this is done, more heat can be had by turning the bottom element, only, to medium.

To re-heat left-overs, place them in the cold oven and turn the top to medium and the bottom to high; the goods will heat nicely without the use of much power.

START MEAT IN A “ COLD ” OVEN.

Contrary to general opinion, meat may be started in a cold electric oven. With both elements turned to high, the direct heat counteracts the effect of the cold oven, searing the meat quite satisfactorily. If in a hurry, no time is wasted waiting for the oven to heat up first, and though the temperature will naturally take a little longer to come up, as there is also the cold meat to heat through, cooking will start 15 to 20 minutes earlier. The user will have to decide when to turn down the switches again, according to the amount of goods she may wish to place in the oven later, and individual taste regarding the degree of baking wanted. Perhaps 400° would be an average; if the oven has been pre-heated, temperature 450° before putting the meat in.

When roasting meat in the oven, no water and very little fat is needed, and it is never necessary to baste.

“ COOK STEWS IN THE OVEN.”

Meats of any kind made up into stews, etc., will be much nicer if cooked in the oven instead of being boiled

on one of the top elements. Curries are particularly good done this way. All thickening can be added to the raw meat and vegetables and cooked with them, which means a saving of trouble later, a big improvement in the flavour, and the food will require no attention during cooking. Provided the vessel has a well fitting lid, and the oven space is not wanted for other dinner cooking, a large cake can be placed on the same shelf. The meat temperature being 450° , the oven would be right for the cake by the time it is mixed and put in.

“ VEGETABLES ALSO.”

By using utensils having well fitting lids, vegetables of all kinds that will not discolour when cooked slowly, may be steamed in the oven. As they take much longer to cook this way, it is economical only if the oven is already in use for other things. If the oven heat is to be quite slow, very little water ($\frac{1}{2}$ to 1 cup) is needed with the vegetables, more if the heat is to be well maintained. Several kinds may be put in the same container which means a considerable saving of oven space; when steamed in this manner, the vegetables which cook first are not liable to spoil waiting for the rest.

Potatoes, if baked in their skins, may be placed directly on the oven rack, perhaps fitting around different vessels which are already in place or will be put in later, and unpeeled pieces of pumpkin, if of a dry variety, may be cooked in the same way.

TOAST.

Toast may be made under the top element in the oven, or if this method makes the toast too dry for your taste, lay a rack over one of the large boiling rings.

GRILLS.

For grilling use the top element in the oven unless otherwise provided for.

The element should be turned to high 3 to 5 minutes beforehand, to ensure a good heat. Place meat on the wire rack usually found with the grilling pan, then put the pan close up under the element, leaving the switch turned to high during the whole grilling period. Turn the meat at least twice during cooking, the first time shortly after putting the pan in the oven, so that both sides will be quickly seared to retain the juices. Many things we have been in the habit of frying can, with great advantage, be grilled instead. Sausages seem much nicer, although eaten without gravy, bacon and eggs cook deliciously this way, left-over vegetables, with a little butter over the top, can be heated up, chipped potatoes, if some fat is well heated in the pan first, do excellently, and vegetables may be browned in like fashion for stews. Goods of this kind need a good stir up in the fat to prevent them from simply drying up when grilled, instead of cooking and crisping nicely.

BOILING.

The boiling elements of electric ranges are of different sizes and capacities, the largest ones being the quickest. The smallest element is usually intended as a simmerer; when cooking stock for soup, simmering corned meat, steaming puddings, this element, turned to low, may be run at a very nominal cost. The elements especially designed for speed in heating, do not retain their heat after the power has been turned off, and are more suitable for breakfast cooking, or when requiring heat in a hurry, as when making gravy, heating milk, etc. The heavy, iron-clad elements hold heat for 15 to 20 minutes after the power has been switched off, and because of their splendid, even heat are recommended for general use, cooking dinners and the like, as three good sized saucepans can be used on one of these large elements at the same time. To do this, first place the pan with goods needing the longest cooking period; when boiling, move over till but one-third of the pan still contacts the element, treating the next pan in like manner to make room for the third. When all are boiling, turn to low, or if a fast boil is wanted as when

cooking cabbage, turn to medium. If using only one saucepan, the power may be turned off at least 10 minutes before cooking is finished.

“ A GOOD IDEA.”

The iron-clad elements may be used for pikelets and girdle scones without the use of a girdle iron. Rub the surface with a piece of suet, and take care not to have the element too hot; when heating, only turn to low or medium, and try a teaspoonful or a small bit first.

There is a diversity of opinions regarding the type of ware most suitable for use on the boiling elements of electric ranges. Manufacturers of ranges seem to favour enamel ware as they say it heats through quickest. Owing to a general prejudice against enamel because of its liability to chip, aluminium is widely used in New Zealand. The lighter grades of this ware proved unsatisfactory because of its tendency to gradually bulge underneath, preventing the vessels from making a good contact with the elements. There is now on the market, a line of high grade aluminium ware, having thick, machine-ground bottoms guaranteed never to dint or bulge, and to last a life-time.

CLEANING.

Keep the range clean. If the oven is allowed to become coated with grease, radiation of heat is diminished, the oven will smoke and spoil the flavours of foods, and if there is a vent at the back the smoke, when escaping is likely to stain the wall. If the oven is wiped out after each meat baking, as a matter of course when washing up, it will never be a trouble to keep spick and span; when grease accumulates and bakes on, it becomes increasingly difficult to remove. Always turn the power off by the wall-switch first, then, using a cloth wrung out of clean soapy water, and if necessary, a sprinkling of some preferred cleanser, give the whole of the inside a good brisk rubbing. Lift out the deflection pan if need be, taking care not to catch the element with a corner of the cloth, and if crumbs have collected around the bottom element, they can be removed

with a soft brush. Wipe the outside over, finally polishing inside and out with a clean, dry cloth. Occasionally the outside may be done over with a little 3 in 1 oil. The boiling rings can be lifted at times for a general clean around, if care is taken not to interfere with the connections.

ECONOMY HINTS.

Remember to turn the switches down or off at the right time; every moment's unnecessary consumption of power is waste. If forgetful, keep an alarm clock in the kitchen; it can be set in a moment to time the heating of the oven or cooking of goods.

Always use utensils having perfectly flat bottoms on the boiling elements. Rims or bulging bottoms prevent direct contact, and greatly retard heating. For the same reason, large saucepans, which cover the elements well, are advisable, as they reach boiling point appreciably quicker than small ones, and will, by covering the element, assist in the retention of heat.

Saucepans which have dented and so become unfit for use on the boiling elements will make excellent oven pots for stews, vegetables, etc., if the handles are shortened.

When using saucepans in the oven, and there is not room for another shelf, by inverting the lids, or using enamelled plates in their stead, fish can be steamed on them, custards set, gravy heated, odds and ends kept hot., etc., etc.

When dinner cooking, put as much as possible into the oven at the one time. Oven cookery is recognised as being the most economical, unless only one article is wanted. But when necessary to bake only one article, do not worry about it; the oven is there for your convenience.

By a little forethought, advantage can often be taken of the oven stored heat, for things required for another meal, such as stewed fruit, custards, and numerous other things which can be prepared at a convenient time and put aside until the oven is empty. However, efforts to economise in such ways should never be made burdensome.



TESTED HOUSEHOLD RECIPES

SOUPS.

For soups requiring a long boiling period, use the simmering element. If the pot is a large one, it may be better to start on a large element, moving over when boiling.

MUTTON BROTH.

Use lean scraps of meat and bones, allowing about 1 pound to each quart of water. Add carrot, parsnip, and white turnip cut very small or grated, onion, about 2 ozs. of pearl barley, celery tops, also leek and green peas in season, sprigs of cauliflower, and a little chopped parsley. The peas and cauliflower should be given just sufficient time to cook, and the parsley added when about to serve. Salt and pepper to taste, boil gently for at least 2 hours and skim off all fat before adding parsley.

CREAM OF CARROT SOUP.

Grate up 3 or 4 carrots, and chop an onion finely. Add about 1½ pints of water, and simmer for nearly an hour. Cook together 2 ozs. butter, 2 ozs. of flour. Add a pint of milk, and pour into the soup pan, stirring till sufficiently thickened, salt and pepper to taste.

TOMATO SOUP.

Cut up about 3 lbs. of good, fleshy tomatoes, and a couple of onions. Add sufficient water to cover and simmer till the onion is cooked. Mash up with a fork and press through a colander, adding about 2 cups of hot water. Cook together a lump of butter, and a level tablespoon of flour, add a pint of milk, and stir till hot. Add 1 saltspoon of soda to the tomato, then the milk, salting to taste. A dash of Worcester sauce may be added also if liked. Bring all to the boil before serving.

QUICK TOMATO SOUP. (Delicious.)

Slice a small onion very finely, and put on to cook with just enough water to cover. Put in a saucepan, 2 ozs. butter and a tablespoon of flour. Cook a minute, and add about 1½ pints of warm milk or milk and water. Salt and pepper to taste, add the onion and stir till boiling and slightly thickened. Finally, flavour with good tomato sauce, till the right flavour is gained.

A quick cream of vegetable soup can be made by the same method, using vegetables of all kinds, boiled till tender, and added to the thickened milk. By cooking the butter and flour together first the flavour is much improved. Cream may also be added if desired.

CELERY SOUP.

Cook the onion with sliced celery, add to the milk foundation.

POTATO SOUP.

Cook the onion, add to the milk foundation, with a little mashed potato. Flavour with celery salt.

PEA SOUP.

Soak over night 1 lb. split peas. Add a quart of water, and onion, carrot, and two pieces of celery. Boil till all are thoroughly cooked, put through a fine colander, add a pint of thickened milk, salt and pepper to taste, and bring all to the boil, sprinkling a little dried mint over just before serving.

FISH SOUP.

Simmer the head, bones and fins of any fish in a pint of water for an hour, with a little onion. Strain off the liquid and add to a sufficient quantity of thickened milk (a little curry powder can be added to the flour and butter if liked). Salt and pepper to taste, bring to the boil, and add a little chopped parsley before serving.

OYSTER SOUP.

Fish stock as above, adding the liquor from the oysters and the beards. Strain, add the thickened milk. bring to the boil, add the oysters and simmer a couple of minutes before serving.

FISH.

Steamed.

Fillets of suitable fish. Grease a plate well with butter, place the fillets, rubbed over with a little salt, some lemon juice, and pieces of butter. Cover with another plate or a saucepan lid, and put over a boiling saucepan, or in the oven. Serve with the liquor from the fish and a little chopped parsley.

Fried.

This is best done in deep fat, as it is quickest and easiest and the fish will not be greasy.

Dry the prepared fish thoroughly. It may then be merely rubbed in salted flour, or dipped in a simple batter, or egg and bread-crumbs. Be sure the fat is smoking hot, and immerse the fish. If in the habit of using a wire basket for deep frying, do without it for fish in batter.

BATTERS.

1. 3 tablespoons flour, 1 of olive oil, a pinch of salt, and sufficient milk to make a batter which will coat the back of the spoon, or about the consistency of thick cream.

2. 1 egg, 1 tablespoon of flour, a pinch of salt, milk.

3. 1 tablespoon flour, pinch salt and baking powder, creamy milk.

STEWED WHITEBAIT.

Cook together, 1 dessert spoon flour, 1 oz. butter, add 1 cup creamy milk. Stir till thick, then add the whitebait, a squeeze of lemon juice, salt and pepper. Cook on stored heat a minute or so before serving.

WHITEBAIT FRITTERS.

Use 2 eggs to the tablespoon of flour and a little creamy milk. Fry in a little butter.

FRIED WHITEBAIT.

Wash and dry very thoroughly in a clean cloth. Shake well in flour, to separate them. Put into deep, smoking hot fat, and fry quickly till crisp (two or three minutes). This is a delicious way to cook whitebait, but they do not go as far as in batter or sauce.

WHITEBAIT WITH BREADCRUMBS.

Mix together, 1 egg, whitebait, pepper and salt and some very fine breadcrumbs. Drop in spoonfulls in deep fat, and fry till a delicate golden colour.

STEWED OYSTERS.

Follow instructions for stewed whitebait.

OYSTER PUFFS.

Batter, put 4 tablespoons of flour in a bowl, drop in 1 egg yolk, 1 tablespoon olive oil, and a little warm water. Mix to a smooth batter, adding more water. Fold in the stiffly beaten egg white. Take each oyster, dip in the batter, and drop into a saucepan of smoking hot fat. Drain on unglazed paper, and serve with lemon.

FRIED COD'S ROE.

Boil the roes gently for $\frac{1}{2}$ an hour. When cooked, remove from the water and allow them to grow quite cold. Cut into neat slices, dip in egg and breadcrumbs, and fry.

CURRIED COLD FISH.

Fry a small, very thinly sliced onion in 1 oz. of butter. Add a tablespoon flour and a dessert spoon of curry powder, or to taste, a pinch salt, a little lemon juice, and allow to bubble up. Stir in a cup of fish stock and milk mixed, add scraps of fish which have been carefully boned, and stand aside to keep hot on stored heat for 15 minutes or so till the fish has become thoroughly hot. $\frac{1}{2}$ a tart apple, chopped up, may be fried with the onion in the butter if liked. Tinned salmon is delicious prepared this way, using the liquor from the tin.



MEATS.

SAVOURY SAUSAGE PIE.

Slice and fry a large onion in a little butter or dripping, and add to $\frac{1}{2}$ lb. sausage meat, with a little marmite, or gravy salt, mixed in a cup of hot water, season to taste. Simmer till the meat is cooked, stirring well to prevent the meat from forming hard lumps.

Line a pie-dish with nicely mashed potatoes, empty in the meat, cover with some thinly sliced tomatoes if available, then with more potato. Smooth the top, dot with a bit of butter, and bake in the oven till lightly browned.

ROAST STEAK WITH YORKSHIRE PUFFS.

About 2 lbs. of steak cut in one piece. Rub well with seasoned flour, and lay out flat. Mix together, 1 cup breadcrumbs, 1 small onion chopped very finely, a little mixed herbs, salt and pepper, and a tablespoon butter or dripping. Spread over the steak, and roll up, sewing securely with a darning needle and fine string. Place in a baking tin, lay strips of bacon over, and some dripping. Bake 1 to 1½ hours. About 20 minutes before serving, drop spoonfulls of batter in the fat made as follows:—

Beat 1 egg well, add a small cup of milk, pinch of salt, and sufficient flour to make a thin batter, with about one-third teaspoon baking powder. When puffs are added, turn bottom element up to medium. Serve with good brown gravy.

BEEF CURRY.

This should be cooked in the oven, to obtain a good thick curry.

1½ lbs. beef steak cut into neat pieces. About two-thirds cup flour, 1 dessert spoon curry, or to taste, salt, mixed together on a plate. Rub each piece of meat well in the flour, etc., and put in a deep vessel, having a tightly fitting lid. Add sliced onion, carrot, some raisins, chopped apple, banana and a little lemon juice, or vinegar, finally sprinkling the remainder of the flour over the contents of the vessel. Fill with water, to nearly, but not quite cover, and clamp the lid well on. Place near the bottom of the oven, temp. 450°, top off, bottom low, and cook 3 hours. It will not be necessary to lift the lid during cooking. Form a bank of rice around the serving dish, then stir up the curry, and empty in the middle.

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EGGS

OMELET.

Break the eggs into a basin, add salt, pepper, a couple of teaspoons of water, and beat with a rotary beater till well frothed up. Then add a little chopped parsley or ham, pour into a buttered frying pan, and cook gently, lifting the edges away from the sides of the pan as it begins to set. When becoming nicely firm, place under the grilling element to set the top. Serve immediately.

SAVOURY CUSTARD.

Well beat 4 eggs, add a cup of milk, salt, pepper, chopped parsley, a small cup of fine breadcrumbs which have been soaked in milk, and if liked a few shreds of bacon, or a little minced corned beef, and some, very finely sliced onion. Pour into a well buttered dish, and bake till nicely set.

CURRIED EGGS.

Hard-boil the required number of eggs. In a small saucepan, put $1\frac{1}{2}$ ozs. butter, and fry a few shreds of onion, add a tablespoon of flour and curry powder to taste, cook a minute, then stir in some warm milk, and cook till it thickens. Peel the eggs, and cut them into halves, put in the curry, and heat again before serving.

CODDLED EGG.

Break the egg into a buttered saucer, sprinkle with salt, put a tablespoon of top milk over it, cover with another saucer and steam till set.

POACHED EGGS.

Have the water in the pan deep enough to cover the eggs, add a little salt and vinegar, then move the pan till the water is swirling, before dropping in the eggs, which will prevent them from sticking to the bottom.



LEFT-OVER MEAT DISHES.

MOCK TERRIPIN.

Cut up finely or mince, scraps of cold mutton to make 2 cups. Hard-boil a couple of eggs. Put 1 tablespoon of butter in a small pan, add 1 tablespoon of flour, 1 teaspoon of dry mustard, $\frac{1}{2}$ teaspoon salt. Cook gently, then add a cup of stock, or water from boiled vegetables (omitting salt if water salty) and 1 tablespoon Worcester sauce. Boil up, add the mutton, eggs chopped and stand to keep very hot on stored heat, which will save it from sticking to the bottom of the pot.

Make some thin rounds of toast, cut some tomatoes in half and grill. Put the toast on the serving dish, pile the mince on each piece, with a slice of the grilled tomato on top. Serve with well mashed potatoes.

MINCED MEAT PANCAKES.

Fry a small, finely sliced onion in a little butter. Mince the required amount of meat, salt to taste, and add either a little tomato or Worcester sauce, or just a pinch of herbs, and the onion, mixing with sufficient gravy to moisten the lot. Stand aside to keep hot.

For the pancakes, use 1 cup of flour, pinch of salt, $\frac{1}{2}$ teaspoonful baking powder, mixed with 1 egg and sufficient milk to make a good batter. As the pancakes are cooked, lay a spoonful of the mince on each and roll up. Serve with good gravy, saved from a previous making, poured over them.

LEFT-OVER SAUSAGES.

Cook some rice in salted water, and drain well. Add some finely chopped onion and tomato sauce. Well butter a small dish, put a layer of rice over the bottom, then the sausages cut into slices, cover with the rest of the rice, and pour gravy over, until it just begins to appear. Sprinkle with some fine breadcrumbs, and dot with bits of butter. Bake until the onion is cooked.

CARROT MOULD.

Mix together:

- $\frac{1}{2}$ lb. boiled, mashed carrots,
- $\frac{1}{2}$ lb. minced corned beef,
- 1 oz. melted butter,
- 3 ozs. bread-crumbs,

A little chopped onion and parsley, pepper, salt. Bind with 1 egg, and sufficient gravy or stock. Put into a buttered basin, cover with paper, and steam 1 hour. Serve with a sauce made with stewed tomatoes, nicely seasoned, or brown gravy.

COLD MUTTON FRITTERS.

Neat slices of tender, cold mutton or lamb. Dip in a pancake batter, and fry till a golden brown. Serve with stewed tomatoes.

PORK RISSOLES.

Mix together:

- About $\frac{1}{2}$ lb. minced cold pork scraps,
- 2 or 3 well mashed potatoes,
- a little fried onion,
- pinch herbs, pepper and salt,
- the meat from a couple of raw sausages.

Add the stiffly beaten white of an egg. Put a handful of fine bread crumbs on a large plate, and form neat patties of the mixture, rubbing them well in the crumbs. Fry in hot fat.



VEGETABLE DISHES

Grilled or Stewed Tomatoes with Cheese Fingers.

Either cut the tomatoes in half and grill under the top element of the oven, or slice and cook with a little butter, taking care not to make them look mushy. Salt and pepper to taste.

Mix together, 1 small cup flour, 1 teaspoon baking powder, pinch salt; run in $\frac{1}{2}$ oz. butter, add heaped tablespoon grated cheese, and make into a light dough with milk. Roll out $\frac{1}{2}$ -inch thick, and cut into fingers about 3 inches long. Fry in deep, smoking hot fat till a golden brown.

VEGETABLE PIE.

Put into a pie-dish a variety of freshly cooked vegetables; pieces of cauliflower, sliced carrot, peas, beans, marrow, cubes of celery, or the white parts of silver beet (most of these can be boiled in the one saucepan, starting with the article requiring the longest cooking period). Sprinkle thickly over them grated cheese, and pour over a good, melted butter sauce. Place in the oven to become thoroughly heated through before serving. A good way to use odds and ends from a home garden.

STUFFED MARROW.

Choose a young marrow with a tender skin, as it will not need peeling. Cut a small piece off the stalk end, and with the long handle of a cooking spoon, dig out all the seeds. Mix up a nicely seasoned stuffing, using minced meat, raw or left-over of any kind, breadcrumbs,

chopped onion, parsley, perhaps a little tomato, or tomato sauce, fill up the marrow, and plug the end with a crust of bread cut to fit. Tie a piece of string right round from end to end to hold the cork in. Place on a tin, and bake an hour or more. Test with a fork. To serve, cut into slices, and pour a melted butter sauce over.

CARROT SHAPE WITH GREEN PEAS.

Two cups of cooked and finely mashed carrot, add salt, pepper, a little shredded onion, 3 eggs beaten with a cup of milk. Put into a well buttered pyrex casserole, push a small basin down in the middle, and bake gently in the oven till the egg is set. Lift out the basin and fill the hollow with green peas.

CHEESE AND MARROW.

Par-boil a young marrow, whole and unpeeled. Cut into 3 or 4 pieces, and take out the seeds. Beat 2 or 3 eggs, add pepper, salt, a small cup of grated cheese, small cup breadcrumbs, soaked and squeezed dry, chopped parsley, turn the pieces of marrow, cut side up, fill with the mixture, and bake till thoroughly cooked. Served with a melted butter and cheese sauce.

FRIED CAULIFLOWER.

Break into convenient pieces, a firm young cauliflower, boil till just cooked, but not broken. Dip in a good egg batter and fry in deep fat.

PARSNIP FRITTERS.

Well cook the parsnips, mash thoroughly with pepper and a little butter. Form into balls, dip in egg and breadcrumbs, slightly flatten and fry. Very tasty.

LIMA BEANS AND TOMATO SAUCE.

Put a little baking soda in the water and simmer gently for about 2 hours, to cook without making them mushy. When quite tender, drain well, put into a pie-dish, add a generous spoonful of butter, flavour carefully with plenty of good tomato sauce, then add milk till it just begins to appear. Put in the oven and bake till

piping hot. The milk will thicken, and if liked, bits of fried bacon may be added. This is a most nourishing and satisfying dish.



PUDDINGS.

PLAIN STEAMED PUDDING.

Cream together:

$\frac{1}{4}$ lb. butter,
 $\frac{1}{4}$ lb. sugar.

Add:

2 or 3 eggs according to size.

Add:

8 ozs. flour,
1 teaspoon baking powder.
Flavouring. 1 or two tablespoons milk.

Put into a well-buttered bowl, and stand in a saucepan or a steamer. Cook about 2 to 2½ hours.

For variations: A tablespoon of coffee essence or 1 or 2 of marmalade jam, or golden syrup, and omit milk, or 1 tablespoon of cocoa. Any kind of jam or the syrup can be put into bottom of bowl and the mixture on top.

CARROT PUDDING.

Mix together:

1 cup of well-grated carrot,
1 cup "Shreddo" suet,
1 cup bread-crumbs,
1 cup flour,
 $\frac{1}{2}$ cup of sugar,
1 or 2 cups mixed fruit.

Add a little salt, spice if liked, and a few shreds of peel. Mix a small teaspoon of soda in a little milk, and work all together thoroughly. Steam 3 hours.

CHRISTMAS PLUM PUDDING.

Mix together:

- $\frac{1}{2}$ lb. "Shreddo" suet,
- 1 cup bread-crumbs,
- 6 ozs. brown sugar,
- 2 lbs. mixed fruit.
- $\frac{1}{4}$ lb. almonds,
- 2 ozs. shredded peel.

Sift together:

- 12 ozs. flour,
- $\frac{1}{2}$ teaspoon salt,
- $\frac{1}{4}$ packet spice,
- $\frac{1}{2}$ teaspoon nutmeg,
- 1 teaspoon soda.

Add to fruit, etc., mixing in 4 beaten eggs, and nearly a cup of fruit juice, or milk and a little brandy. Divide into two and boil about 6 hours.

A MOST DELICIOUS PUDDING.

(Measure spices carefully).

Cream together:

- 1 cup butter,
- Good $\frac{1}{2}$ cup brown sugar,
- 4 eggs, beating in well.

Previously to $\frac{1}{2}$ cup hot milk add bread-crumbs to make 1 cup. Add when cool with

- $\frac{1}{4}$ cup fruit juice (orange will do),
- 2 good cups mixed fruit,
- A little shredded peel.

Sift together and add:

- 1 cup flour,
- 2 level teaspoons baking powder,
- $\frac{1}{2}$ teaspoon salt,
- 1 teaspoon cinnamon,
- $\frac{1}{2}$ teaspoon nutmeg,
- $\frac{1}{2}$ teaspoon ground cloves,
- $\frac{1}{2}$ teaspoon ground mace.

Put into a well-greased basin, and steam 4 to 5 hours, or divide. Large cocoa tins are handy for puddings, or two lbs. jam tins, with the top cut away. Several can be cooked in the one saucepan or steamer, and put away for emergencies, to be reheated when wanted.

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SAGO PLUM PUDDING.

Soak 2 tablespoons of sago overnight, in $\frac{3}{4}$ cup of milk. Next day add a cup of bread-crumbs, $\frac{1}{2}$ cup of brown sugar, 1 tablespoon of melted butter, $\frac{1}{2}$ teaspoon soda dissolved in a little drop of milk, add a cup of raisins or sultanas, or mixed fruit, put into a buttered vessel, and steam 3 to 4 hours.

BAKED APPLE DUMPLINGS.

Make a good short crust, using 2 cups flour, $\frac{1}{2}$ lb. of good shortening, 1 level teaspoon of baking powder, a little salt; mix with cold water. Roll out thinly. Pare and core the required number of apples, keeping them whole. Small apples, not too sour are the best. Cut squares of the dough which will cover the apples, when the corners are brought over each other envelope fashion. Fill the apples with honey or sugar, and a pinch of clove or ground cinnamon, fold the dough securely by wetting the edges, put in a baking tin, fairly close together. Place near the bottom of the oven; temp. 450° ; top off, bottom low. Then boil together for 5 minutes. 1 cup of sugar, 1 cup of water, 1 tablespoon of honey or golden syrup. Pour over the dumplings gradually as they cook. Try the apples with a knitting needle. Time about 30 to 40 minutes.

BOILED APPLE DUMPLING.

Make a good suet crust, using a good cup of "Shreddo" suet to 2 cups of flour, a teaspoon of baking powder, and a little salt. Mix to a nice light dough with water. Butter the inside of the basin well, and either coat with brown sugar, honey or syrup, and put some raisins around. Line the basin with the dough, fill the hollow with sliced apple, sugar, and flavour with grated lemond rind, or cinnamon. Cover with dough, then a piece of paper, and steam for 3 hours.

PASTRY

PUFF PASTRY.

Tarts of all kinds bake perfectly on stored heat only. The quick heat necessary to begin the cooking and prevent the butter from running out can be obtained, yet the goods be left to dry out nicely on the declining heat without over cooking. For empty shells for oyster patties or tarts of any kind, in which the filling is added after cooking, temp., 500°; little fancy tarts for which the pastry may be rolled very thinly, and the filling put in before baking, 450°; pies and large tarts about 450°, with the bottom element left on to give the necessary heat underneath.

PLAIN PUFF PASTRY.

The following is one of the many methods for making pastry. It is easy to use, and the cooked article will be very delicate and flaky.

Sift together:

$\frac{1}{2}$ lb. flour,

$\frac{1}{4}$ teaspoon cream of tartar,

1 teaspoon of caster sugar.

(If making sausage rolls or savouries, omit the sugar).

Run well in, 1 oz. from $\frac{1}{2}$ lb. hard butter.

Cut the rest into small bits, drop into the flour, and mix with cold water, using as little as possible. Stir around, but do not cut through the dough as when mixing scones; merely gather together. Turn out onto the board, press together, and roll out about 9 inches square. It will not yet be holding together very well, but bring the outer edge over $\frac{2}{3}$ ds, then fold the front edge over that, finally doubling the dough to make the two ends meet. Roll again to the same size, folding in the same manner, and repeat (about 6 times) till the butter is thoroughly blended. If this is done, the butter is not so liable to run out, as it otherwise might if the oven is not quite hot enough. It is not necessary to roll out to a thin sheet till wanting to cut up. This method is much quicker, easier, and the result all that could possibly be desired. In accordance with strict rules for pastry making, all rolling should be done the one way, but if the

pin is moved with short, backward and forward movements, the air bubbles are not pushed about. Let the effort be more to work the dough out gradually, than to press and push with a heavy hand. Stand aside in a cool place one hour before baking.

When cutting for savoury patties, roll the dough to $\frac{3}{8}$ th of an inch thick; cut into rounds with a baking powder tin or cutter about that size. Then with a smaller tin, make a pressure on each. Place on a cold tray in the middle of the oven and turn off both elements. Time 25 to 30 minutes. On removing from the oven, carefully lift the pieces where the pressure was made, forming neat lids which may be replaced after filling.

APPLE CHEESE TARTS.

Stew 1 lb. of apples, with the necessary sugar, the grated rind of a lemon with a squeeze of the juice, and very little water. When cooked, beat to a fine pulp.

Add:

2 ozs. butter, and stir over heat till melted.

Add:

1 oz. cake crumbs,

2 beaten eggs.

Line patty tins with rounds of pastry, put a spoonful of the mixture in each. Temp. 450°, stored heat; time about 15 to 20 minutes.

ORANGE CHEESE TARTS.

Mix together:

2 ozs. ground almonds,

2 ozs. sugar.

Melt:

2 ozs. butter and add.

Add:

Grated rind and juice of one orange,

2 well beaten eggs.

Use and cook the same way as apple cheese filling.

CHOCOLATE FILLING FOR TARTS.

Mix together:

1 egg, and its weight in
butter and sugar.

1 oz. cake or biscuit crumbs,

1 dessertspoon cocoa.

Little vanilla.

Put a spot of jam in the bottom of each tart, then a teaspoonful of the filling. When cooked and cold, put a little chocolate icing over the filling.

To make plain jam tarts, with the jam put in before baking, there is no need to put into patty tins. Before laying on tray, thin the centre of each piece of dough with the fingers and thumbs of both hands, as the piece is turned around. Then put a small amount of jam on each, and the pastry will rise around while baking, before the jam can run off.

CHEESE PATTIES (Savoury).

Bake plain pastry shells as suggested. When cold fill with the following and replace lids.

To about 4 ozs. of finely-grated cheese, add finely-chopped hard-boiled egg, pinch salt, cayenne, and a small quantity of whipped cream.

OYSTER OR FISH PATTIES.

Make a little very good, melted butter sauce, using about 1 oz. butter, $\frac{1}{2}$ oz. flour, mixed together and cooked gently for a couple of minutes on simmering element, then add small cup milk, or milk and oyster liquid or liquid from tin of salmon a pinch of salt, a squeeze of lemon juice. Stir till it thickens, add oysters cut up with a pair of scissors, shredded salmon, crab or lobster meat, and if liked a little cream may be added. Fill pastry shells and replace lids.

BISCUITS

Whenever possible, biscuits should be baked on stored heat only. This gives a beautiful, even baking, not otherwise possible. It may be taken as a general rule, the thinner the biscuit, the milder the heat. It is better to allow goods of this kind an extra minute or so instead of trying to hurry them; particularly is this so for short-breads. Temperature average, 400° to 450° , the thicker kinds, often called cookies, requiring quite a good heat.

PLAIN BISCUITS. (Standard Recipe).

Cream together:

$\frac{1}{4}$ lb. butter,
 $\frac{1}{4}$ lb. caster sugar.

Add:

1 egg.

Sift together:

8 ozs. flour,
 $\frac{1}{2}$ level teaspoon baking powder.

Work into butter, etc., flavouring to taste.

To make Cocoanut Biscuits use 6 ozs. flour and 2 ozs. cocoanut.

It is not necessary to roll these unless preferred. Cut into three or four pieces, take each piece in turn, roll to a sausage shape, then hold in the hand and break off bits of uniform size, and place on a well-greased tray, slightly flattening them. This method is very quick, the biscuits will all be the same, as the last will not be dry through being rolled out several times with more flour. Temp., 425°. Bake about 12 minutes on stored heat only.

PEANUT CRISPS.

Roast $\frac{3}{4}$ lb. of peanuts, by putting in a shallow tin and cooking slowly in the oven, stirring them up occasionally.

Sift together:

1 cup flour,
2 teaspoons cocoa,
 $\frac{1}{2}$ teaspoon salt,
 $\frac{1}{2}$ teaspoon baking powder.

Melt:

$\frac{1}{4}$ lb. butter.

Add:

1 cup sugar.

Work in flour, etc., then add:

1 unbeaten egg.

Finally the peanuts. Place on a well-greased tray, in small pieces, rather well apart. Oven temp., 400°; bake on stored heat only about 15 minutes. If the peanuts are not roasted beforehand, they will take much longer to bake.

CINNAMON ROLLS.

Sift together:

4 ozs. flour,
2 ozs. cornflour,
2 level teaspoons baking powder,
 $\frac{1}{2}$ teaspoon salt.

Rub in:

3 ozs. butter.

Add:

2 ozs. brown sugar.

Work in 1 egg. If the egg is very small, a dessert-spoon of milk may be needed, but work with the hands on the board, and the mixture should be right for rolling. Roll out thinly, keeping a neat shape; sprinkle with cinnamon mixed with caster sugar, roll up and cut into slices about $\frac{1}{4}$ inch thick. Lift carefully with a broad blade, place on a well-greased tray. Oven temp., 400° ; time, about 12 to 15 minutes.

SHORTBREAD CREAMS.

Sift together:

10 ozs. flour,

$\frac{1}{2}$ cup caster sugar,

2 level teaspoons baking powder.

Rub in:

5 ozs. butter.

Mix with:

2 well-beaten eggs.

Roll out thinly, cut into oval or oblong pieces (a baking powder tin, bent to form an oval is a nice cutter), place on greased tray. Oven temp. no more than 400° ; bake on stored heat about 15 minutes or till delicately coloured. Join together with a little butter icing.

CORNFLAKE MERINGUES.

Beat the whites of 2 eggs with a pinch of salt till very stiff:

Fold in 5 tablespoons caster sugar, then

2 large cups Cornflakes,

$\frac{1}{2}$ cup crushed walnuts

and if liked, a few chopped cherries.

Put on a well-greased tray in neat spoonfuls. Temp. barely 400° , and bake about $\frac{1}{2}$ an hour on stored heat only. When cooked they should be delicately crisp.

SCONES

A strictly accurate heat is not necessary for scones. Plain goods of this nature may often be assisted by the turning on of more heat during cooking. They may be placed in a practically cold oven, and will cook most satisfactorily while the ovens are being heated up for further cooking. Turn both elements to high, then mix the scones and place in the oven as soon as they are ready. It may be advisable to turn the top to medium once the scones are in, to even the browning process. They require a longer cooking period this way, but the saving in time and power is obvious. If the oven in use does not seem suitable for this cold oven cookery, as it is called, it will be wiser to obtain a correct heat first. In this case, a temperature of 450° or 500° is best, with the elements turned to low or off.

Most cooks place their scones on the tray usually provided for the purpose. However, an excellent way is to put the cut pieces quite close together in a tin which will just take the quantity of dough. Though the scones will take minutes longer to bake (about 15 in all), much less oven space is taken up, there being room for other goods on the same rack, and the scones will be found so much nicer that the old method is likely to be entirely disregarded. When cooked, turn out immediately and break apart to steam. Scones baked in an electric oven do **not** need covering with a cloth to soften.

PLAIN SCONES.

Sift together:

- 2 large cups of flour,
- 2 heaped teaspoons of baking powder,
- Salt spoon salt,
- 1 dessert spoon of sugar if liked.

Rub in:

- 3 ozs. butter.

Mix with sufficient milk to make a light spongy dough, using a large knife. If too much milk has been added, a little more flour may be sprinkled over and well worked in with the knife. All mixing must be

thoroughly done before turning out; the dough is then ready to be gently patted with the hand to the required thickness for cutting.

GOLDEN SYRUP SCONES.

Use previous recipe but before adding milk, drop 1 egg and a tablespoon of golden syrup into the flour, and mix well in with the milk.

CINNAMON BUNS.

Use first recipe, adding egg. Pat out to a long narrow strip, sprinkle with a teaspoon of cinnamon mixed with a level tablespoon of fine sugar, scatter raisins over dough, wet outer edge and roll up. You then have a roll about 20 to 24 inch. long. Cut across every 2 inches, place a cut side up, fairly close together in a tin. Bake 15 to 20 minutes.

CARAMEL BUNS.

Use first recipe with egg. Pat out as for cinnamon buns. Cream, 1 cup of brown sugar with 2 ozs. of butter, spread over dough, roll and cut. These buns must be baked in a tin or the sugar will run into the oven. The sugar will form a caramel on the outside of the buns instead of running to waste. A most delicious fancy scone.

Scones may be re-heated nicely by either dipping the tops quickly in milk, or by laying over them a clean cloth, dipped in hot water and wrung as dry as possible, before placing them in the oven.

SPONGES

Sponges need a fairly accurate heat, 400° being the generally accepted temperature with the majority of electric ranges. If the oven is too hot, the cakes cannot rise properly before baking, and if too slow, they are liable to be coarse in the grain and perhaps damp underneath. Sponges may be baked with a variety of other goods, provided the latter go in the oven first and at a higher temperature. For this reason it is as well to use sponge

tins which are deep instead of wide and do not take up the whole rack space. Another advantage to be had by the use of this kind of tin, is, two sponges can be made from one 3 egg mixture, by splitting each half for filling. If there is only space left for one tin, a two egg mixture can be made, using a little less sugar and flour.

Many people bake their sponges on stored heat only. If not requiring the oven for other things, this is a good idea provided they cook properly underneath. If placed on a hot scone tray, any trouble in this respect will be overcome, as the metal in these trays draws the heat well. When baking with other goods and the temperature drops too much, making it necessary to turn up the bottom element to medium, raise the whole rack in the oven; the heat distributes better as it rises, and the baking will be more even.

When greasing tins for sponges, melt a little butter in the tin, add a teaspoon of flour and spread evenly all over the inside with a brush. If this is done, even the lightest sponge, or largest roll will never stick and break when turned out. A very new tin is liable to be a bit troublesome in this manner, as well as preventing goods browning nicely underneath. Before it is used the first time, place in the oven and allow it to bake till discoloured. It is not advisable to scour tins and make them shiny, because a bright surface will not conduct heat as readily as a dull, discoloured one.

The mixing of a sponge is often made hard work by the type of bowl and egg beater used. A deep bowl of a suitable size, which narrows nicely towards the bottom is the most suitable. The egg is gathered well around the beater and the whipping done in half the time. A light, easy running beater should be chosen, with the wheel **between** the two sets of cogs.

PLAIN SPONGE.

Place 3 tablespoons of water with a dessert spoon of butter to heat.

Separate the whites and yolks of 3 eggs.

Whip whites till stiff, with a pinch of salt.

Add yolks and beat well in.

Add 1 teacup of caster sugar gradually.

Sift together:

1 breakfast cup of flour,

1 teaspoon of baking powder.

Fold into the eggs and sugar, using a large knife. Finally add the boiling water with butter, and flavouring.

Time 5 minutes with a good beater. When the flour has been added, do not mix more than absolutely necessary or the sponge will be leathery when cooked.

COFFEE SPONGE.

Same mixture, but omitting 1 tablespoon of water, add 1 tablespoon of coffee essence, also using vanilla.

CHOCOLATE SPONGE.

Same mixture, but add a heaped tablespoon of cocoa mixed with extra hot water till the consistency of melted chocolate.

Note:—If cocoa is always mixed with hot water before adding to cakes, fillings or icings, the flavour and colour will be much improved and cakes will not seem dry.

QUICK SPONGE.

Sift into a bowl:

1 large cup of flour,

1 small cup of caster sugar.

Make a hole in the flour and drop in:

3 unbeaten eggs,

3 tablespoons melted butter,

3 tablespoons cold milk.

Beat for two minutes with a wire whisk, add 2 level teaspoons of baking powder, essence to taste.

When eggs are expensive, use 2, adding more milk.

This mixture can be baked as an ordinary sandwich, or in one tin which will enable thick squares to be cut is suitable for lemingtons. If a shallow tin is used, can be cut into fancy shapes and iced nicely.

SPONGE ROLL (Will not break).

Use first recipe, omitting butter, and a tablespoon of water. When measuring flour, put a tablespoon of arrowroot into the cup. This gives the sponge a pliable texture, and enables it to be rolled with ease. When cooked, turn out on to a **dry** cloth, jam at once, take the edge of the cloth farthest from you with both hands, turn the end of the sponge with your two thumbs and then pull the cloth firmly towards you; the sponge will roll perfectly.

EGGLESS GINGER SPONGE.

Sift together:

- 1 large cup of flour,
- 1 teaspoon baking powder,
- 1 teaspoon cinnamon,
- 1 teaspoon ginger.

Cream together:

- 1 tablespoon butter,
- $\frac{1}{2}$ cup sugar.

Mix in:

- 1 tablespoon golden syrup.

Dissolve:

- $\frac{1}{2}$ teaspoon soda in
- $\frac{1}{2}$ cup of milk and add to the butter and sugar;

beat well, then mix in the flour and beat thoroughly once more. Bake as a sandwich, or as one cake.

A recipe worth trying when eggs are expensive.

ONE EGG CHOCOLATE SPONGE.

Cream together:

- 2 ozs. butter,
- 1 small cup caster sugar.

Add:

- 1 dessert spoon golden syrup,
- 1 egg.

Sift together:

- 1 cup flour,
- 1 teaspoon baking powder,
- 2 teaspoons cocoa.

Mix:

- A small, level teaspoon of soda in
- $\frac{1}{2}$ cup of milk.

Add flour and milk alternately, using sufficient milk to make a nice light mixture.

May be baked as a sandwich, or one cake.

FRUIT SPONGE.

Put a small cup of flour in a basin, $\frac{1}{2}$ cup sugar, 1 teaspoon baking powder; drop in 1 or 2 eggs, according to size and price, 2 tablespoons of melted butter, and a little milk. Whip with a wire whisk for a minute, adding sufficient milk to make a mixture the consistency of a good sponge. Drain some of the juice off the fruit, and keep till serving; pour the batter over; put near the bottom of the oven; temp. about 400°, top off, bottom low. The fruit must be practically at boiling point.

FRUIT SALAD SPONGE.

Line the bottom and sides of a glass dish with fingers of cake. Thoroughly mix a fruit salad, cut up finely, fill the hollow, and cover with cake. The dish should be deep enough to allow a custard to be poured over the top, or if preferred, a good layer of whipped cream may be used instead, or merely to decorate the custard. Sprinkle with nuts, pieces of fruit, or crystalised cherries.

COFFEE JELLY.

Heat a pint of milk nearly to boiling point, add a packet of vanilla jelly of a good brand, with a little sugar, stir till dissolved, and flavour to taste with coffee essence. When beginning to set, put some in a mould, add sliced bananas and more jelly, till the jelly is all used. When set turn out, and serve with custard or whipped cream.

IMITATION EGGS.

Make some ground rice blanc mange, using 1 pint of milk, 4 level tablespoons ground rice, and sugar to taste. Mix the rice with a little cold milk, add to the hot milk, and boil gently on stored heat for five minutes. Put halves of tinned apricots in the bottoms of cups, and half fill the cup with the blanc mange. When cold, turn out around a glass dish. Makes about a dozen. Served with custard or whipped cream.

ICINGS AND FILLINGS.

ROYAL ICING.

White of 1 egg, lemon juice; work in sufficient well-sifted icing sugar to bring to the right consistency. Add a few drops of washing blue, to whiten, and work very thoroughly.

ALMOND ICING. (Good).

Put into a small saucepan, 8 ozs. icing sugar, 6 ozs. ground almonds, yolks 2 eggs and white of one, lemon juice (half large or whole small one). Stand over a gentle heat and stir carefully till it begins to thicken and leave the sides of the vessel. Put on top of cake, dip hands in icing sugar, and mould all over cake, making as smooth as possible as a good foundation for royal icing.

ORANGE OR LEMON ICING.

Work a teaspoon of butter into a cup of icing sugar, add a little grated rind, and sufficient juice to bring to the right consistency.

FLUFFY ICING.

Put into a small bowl, 1 cup of sugar, 1 egg white, 3 tablespoons cold water. Stand in boiling water, and beat with a rotary beater for 7 to 10 minutes till the mixture grows white and will stand up in peaks. Pile on cake with a rocky effect immediately.

BOILED ICING.

Boil a cup of sugar and $\frac{1}{3}$ rd cup of water for 7 minutes, add flavouring, and beat till white and stiff enough to spread nicely.

MARSHMALLOW ICING OR FILLING.

Soak 2 teaspoons of powdered gelatine in 2 tablespoons of cold water, then add 2 tablespoons of hot water, and 1 cup of sugar. Bring to boiling point to melt sugar, cool slightly then beat till stiff enough to stay on cake without subsiding off. Use orange juice instead of all the water if liked, and a teaspoon of coffee essence gives a nice flavour for a chocolate or coffee cake.

GOLDEN MUFFINS OR GEMS.

Cream together:

2 ozs. butter,
3 ozs. caster sugar.

Add:

2 eggs, and beat well,
1 tablespoon marmalade jam.

Sift together:

1 large cup of flour,
 $\frac{1}{2}$ a teaspoon soda.

Add to first mixture, beat well. Makes 1 doz.

The oven must not be too hot for these. Temp., 400°; place just above the middle; time, 12 to 15 minutes.

GEMS.

Put the irons in the oven to heat sometime beforehand, as they must be hot enough to make the butter sizzle up well.

Cream together:

1 tablespoon butter,
1 or two tablespoons sugar.

Beat:

1 egg in $\frac{1}{2}$ cup milk, and add.

Sift:

1 $\frac{1}{2}$ cups of flour,
1 teaspoon cream of tartar.

Mix:

$\frac{1}{2}$ teaspoon of soda in nearly
 $\frac{1}{2}$ cup milk.

Blend half the flour to the butter, etc., then add the soda and milk, finally the rest of the flour.

Grease the irons well with butter, and nearly fill each hole with batter. Place the iron near the top of the oven. Temp., 450°.

PIKELETS.

These are cooked directly on one of the large, iron-clad elements. Turn to medium to heat, when starting to mix, and try a teaspoon of the batter first to test heat before cooking a quantity.

Sift into 1 cup of flour:

1 level teaspoon cream of tartar.

Mix:

$\frac{1}{2}$ teaspoon soda in nearly
1 cup of milk.

Melt:

1 dessertspoon butter.

Beat together:

1 egg.

1 tablespoon sugar.

Add the milk, then the flour, finally the butter. Pour the batter from the tip of a tablespoon, as this enables them to be kept round. As soon as bubbles begin to appear, turn over with a broad-bladed knife. They will be about a half-inch thick when cooked, and stay spongy.

MUFFINS, ETC.

Plainer than cake, but more cake-like than scones, muffins eaten hot with butter are delicious for a light tea. A sheet of deep, unornamented holes are the most suitable.

PLAIN MUFFINS.

Place nearly a cup of milk to heat but not boil.

Cream together:

4 ozs. butter,

2 ozs. sugar.

Add:

2 eggs and beat well.

Sift together:

2 cups of flour,

2 rounded teaspoons of baking powder.

Add alternately with the warm milk till a nice light mixture is obtained, using only as much milk as necessary.

To make Cornflake Muffins add 1 cup, well crushed flakes, last thing.

Oven temp., 450°. Place to the middle; time, fifteen minutes, and bake on stored heat.

FUDGE ICING.

Boil a cup of brown sugar and $\frac{1}{3}$ rd cup of water till it will thread, add a dessert spoon of butter, cool, then beat till stiff. Half a cup of cream instead of the water, and omitting the butter, is excellent. A tablespoon of golden syrup and honey mixed, added also before boiling, will give much the same flavour as maple syrup, which is rather expensive in this country.

WHITE MOUNTAIN FROSTING.

Boil 1 cup of sugar, $\frac{1}{3}$ rd cup of water till it will spin a thread. Have the white of an egg beaten till stiff and dry, then get a second person to pour a very thin stream of the syrup on the beaten egg, while beating constantly. If not quite stiff enough, continue to beat over boiling water, till right.

An excellent finish for cakes is obtained by crushing walnuts thoroughly with a rolling pin, and sprinkling over the icing.

Coloured cocoanut makes an attractive decoration. Put about 3 drops of colouring over half a cup of dessicated cocoanut, and work well with the handle of a tablespoon. Cheap and pretty.

FILLINGS.

Put into a small bowl, 2 slightly heaped tablespoons of sugar and butter, and 2 of boiling water. Stir till the butter is nearly melted, then whip with a rotary beater till, having thickened and curdled, it becomes stiff and close like whipped cream. Hot orange juice in place of the water is good.

SUGAR AND BUTTER FILLING.

To a cup of icing sugar, add 1 dessert spoon of butter, and work well in. Then add, one at a time, teaspoons of boiling water, beating all the time. It will grow white and light. Flavour to taste. The water must be boiling, and too much butter will make the mixture cloggy.

MOCK CREAM.

Make a blanc mange with a cup of milk and 1 dessert spoon of cornflour, pinch salt, and let it grow quite cold. Cream well 1 tablespoon each of butter and sugar, then add the cornflour, a little at a time, beating well.

LEMON CHEESE.

Put $\frac{1}{2}$ lb. of sugar and 2 ozs. butter in a vessel and stand in boiling water. When melted, add grated rind and juice of 2 lemons and 2 or 3 eggs, according to size. Stir till thick.

Lemon cheese is delicious served over a milk pudding. Put about dessert spoon on each helping.

Nuts and chopped fruit added to Mountain or Marshmallow icings, make good fillings.

To add chocolate to icings or fillings, mix cocoa with a little hot water, till of the consistency of melted chocolate, if the proper cooking chocolate is not available.

GRAVY SAUCES.

BROWN GRAVY.

After removing the meat from the baking tin, pour off nearly all the fat, add flour and a pinch of salt, and cook till the flour is browning nicely. Add hot water and stir well, cooking till thickened. Made this way, there will be no lumps, and the flavour will be improved. Use a little gravey salt or some extract for extra flavour if desired. Vegetable water saved for this is good.

MELTED BUTTER SAUCE.

The only way white sauce should ever be made. Melt some butter in a small pan, allow 1 tablespoon to each tablespoon of flour, add flour, and cook a minute. Then add warm milk, and stir till thick.

For onion sauce, add onion which has been simmered in just enough water to barely cover.

Add capers for caper sauce, and chopped parsley for parsley sauce.

Add oysters, or anchovy sauce, or lemon juice for fish.

Add sugar and flavouring for sweet sauces for puddings. One or two eggs beaten into the warm milk first, makes a most delicious and easily made boiled custard. In this case use less flour.

The same method is advised for soups having a milk foundation.

Mix chopped parsley and butter together to serve on grilled chops.

SALAD DRESSINGS.

1. Crush the yolk of a hard-boiled egg, in a cup, till smooth; add a level teaspoon of mustard, 1 of salt, and

a dessertspoon of sugar. Mix carefully, add half a cup of whipped cream, thin with a little milk to make nearly a cup, then add vinegar, a teaspoon at a time, tasting carefully, till the right tang is obtained. If good cider vinegar is used; very little is needed.

2. Boiled Dressing: Put a tablespoon of butter in a small saucepan, add a tablespoon of flour, 1 teaspoon of salt, and 1 of mustard. Cook a minute, add 1 tablespoon of sugar, and 2 eggs beaten in a cup of milk. Stir till thick enough, then add vinegar to taste.

3. Cooked Mayonnaise Dressing: Put in a bowl without mixing,

2 egg yolks,
1 teaspoon mustard,
2 teaspoons salt,
1 tablespoon sugar,
3 tablespoons vinegar,
3 tablespoons lemon juice,
1 cup of olive oil.

Put into a small saucepan

2 tablespoons butter,
3 tablespoons flour.

When bubbling up, add

1 cup of warm water, and allow to cook for 10 minutes.

Put this into the first mixture, then beat with a rotary beater till perfectly blended and of a velvety consistency. Put into jars, and keep in a cool place. Add equal part whipped cream for serving.

A Salad Dressing for Fruit.

Cook together:

1 tablespoon butter,
1 tablespoon flour,
2 tablespoons sugar, pinch salt.

Whip 2 eggs, add to a large cup fruit juice, orange, with a little pineapple, well-flavoured with lemon. Mix all together, and stir over boiling water till smooth and thick; chill. Fold in whipped cream before serving. Will keep for weeks.

SALADS.

A delicious salad can be formed by combining cold, cooked vegetables, such as cubes of potato, sliced beet, peas and beans, etc., a little shredded, raw onion. Pile into crisp lettuce leaves, and serve with preferred dressing. A little pickled cucumber is a tasty addition.



SMALL CAKES

These bake best on stored heat only, but when put into a sheet of patty holes, can at times be baked with other things and so save time. When placed on the tray in paper cases or as rock cakes, the baking will be much more even on stored heat.

When eggs are very expensive, 1 egg will do, adding sufficient milk to make nice mixture.

FAIRY CAKES.

Cream together:

3 ozs. butter,
3 ozs. caster sugar.

Add:

yolks 2 eggs.

Sift together:

4 ozs. flour,
2 ozs. cornflour,

Add to butter, etc., then stiffly beaten egg whites. Finally add 1 teaspoon baking powder.

Oven temp., 400°; Time, about 10 to 12 minutes. When cooked, these are very light.

SURPRISE BUNS.

Sift together:

1 large cup flour,
 $\frac{1}{2}$ teacup sugar,
pinch salt,
large teaspoon baking powder.

Mix with 1 egg, and sufficient milk to make a dough you can roll out lightly. Cut into rounds, put a little jam on each piece, damp edges and pinch together. Place on greased tray. Temp., 450°; time, about 15 minutes. Stored heat.

LARGE CAKES

As a rule it is better to give large cakes the best part of an hour with a bottom heat before turning the power off entirely. It is a generally accepted rule, the richer the cake, the slower the temperature. 400° seems hot enough to start any cake. Place nearly to middle of oven.

Note: Cakes which will be baking three or more hours should be placed in an oven which has been in use for other baking an hour or so beforehand. This means there will be plenty of stored heat which will prevent the temperature dropping too much. You should not have to make any effort to maintain a certain heat. It is at times such as this, the cook must curb any tendency to be continually watching the cake, or she will destroy the gentle heat. **Learn to trust the oven.**

RICH CAKE.

Cream till smooth:

½ lb. butter,

Add ½ lb. brown sugar, and cream well.

Add 4 eggs, one at a time.

1 dessertspoon golden syrup.

Sift together:

10 or 12 ozs. flour,

½ teaspoon salt,

1 level teaspoon soda,

Add gradually to butter, etc.

Finally mix in:

½ lb. raisins,

½ lb. currants,

¼ lb. sultanas, previously cleaned with flour or washed and dried.

¼ lb. cherries, chopped,

¼ lb. almonds,

2 ozs. mixed peel; spices if desired.

Put into tin lined with one layer of grease-proof paper. Temp., 350°, top off, bottom low. Time, about 3 hours. The bottom element may be turned off the last half-hour.

ATLAS

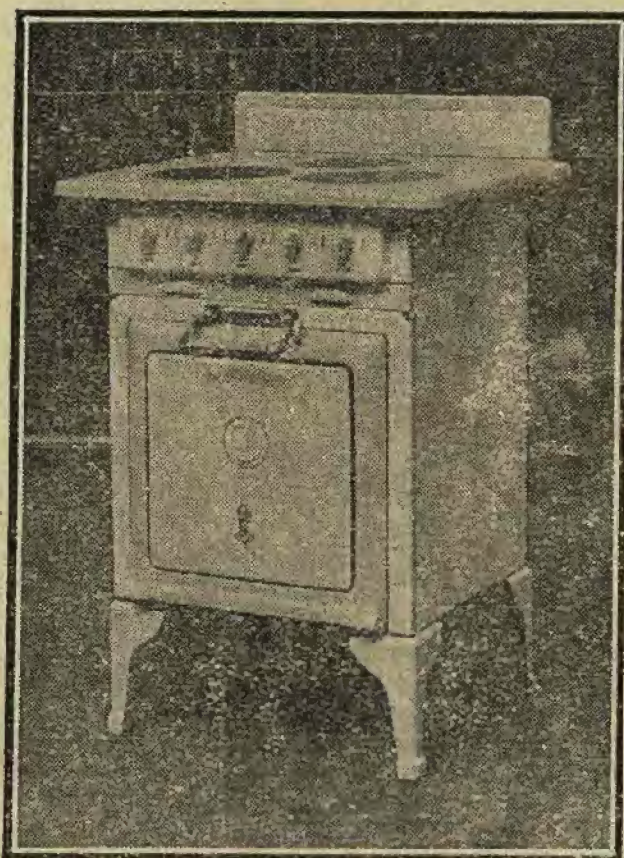
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